

# Keto Mexican Breakfast Casserole

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per serving):** Total carbs: 7.3 g, Fiber: 1.7 g, **Net carbs: 5.6 g,**

Protein: 26.4 g, Fat: 31.8 g, Calories: 423 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

- 1 lb thick-cut bacon (450 g)
- 2 tbsp reserved bacon grease or ghee (30 ml)
- 1 small turnip, diced (300 g/ 10.6 oz)
- 1 large red onion, thinly sliced (150 g/ 5.3 oz)
- 3 cups spinach (90 g/ 3.2 oz)
- 12 large eggs
- 1/3 cup whole milk (80 ml/ 2.7 fl oz) - *see note for substitutions*
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)

*Note: A small amount of whole milk can be used. However, if you want to avoid it altogether, you can use 1/3 cup of almond milk, or a combination of 1 tbsp heavy whipping cream mixed with 1/4 cup water.*

## Instructions

1. Preheat the oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). Cut the bacon into 2-inch (5 cm) pieces and arrange on a parchment lined baking sheet. Bake for 15 minutes until crisp, and then remove from the oven. You can use the bacon grease for greasing the pan in the next step.
2. Heat the reserved bacon grease in a medium pan over medium high heat. Add in the turnip and onion, cook until soft about 5-7 minutes.
3. Transfer to a 9 x 13 inch (23 x 33 cm) baking dish. Top the turnip and onion with the spinach.
4. Whisk together the eggs, milk, and spices. Pour over the spinach.
5. Sprinkle the cheese across the top then arrange the bacon in a single layer across the top of the casserole.
6. Transfer to the oven and bake 20-25 minutes or until the eggs are set. Serve. To store, keep refrigerated for up to 5 days.

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